Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **What is Buddhism? Where is it practiced?**  Objective: Identify Buddhism’s place of origin and where it is currently practiced. |

**Introduction**

**Directions: Answer the questions below and be prepared to share them with other classmates.**



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| **Based on your experience, list three reasons why people suffer.** | **Based on those three reasons, what do you think is the “root cause” of suffering?** |
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**DOCUMENT #1**

**What is Buddhism? Where did it originate? Who started it? Where is it practiced today?**

**Directions: Read the excerpt and map below, then answer the questions that follow.**

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| Around 600 B.C.E. most Indians were Hindu and believed that the only way to escape the cycle of reincarnation and achieve moksha was to follow the dharma (duty) of their caste as described in the *Bhagavad Gita.* Following the caste system meant that people that were not born to a high caste could not achieve moksha in their lifetime and often had to perform undesirable duties in society.  Some spiritual teachers disagreed with the strict Hindu caste system. One of them was a Kshatriya named *Siddhartha Gautama*, better known as the *Buddha* (the Enlightened One). Born a prince in northeastern India, around 480 B.C.E., Gautama observed that life is full of suffering like disease, aging, and death. He left his comfortable lifestyle in search of spiritual answers to the cause of suffering and ways to end it. Eventually, he achieved Enlightenment, also known as Nirvana or Sambodhi, which are the Buddhist words for moksha, through intense meditation. According to the story, seven weeks after achieving Enlightenment, the Buddha met five other spiritual men in a deer park. He gave a sermon [religious speech] explaining to them the path he took to Enlightenment, which he called the Middle Path, sometimes called the Middle Way. These five men became the first disciples [followers] of the belief system that came to be known as Buddhism. | | |
| **Percentage of Buddhist Population in Each Nation Worldwide 2014**    Source: <https://en.wikipedia.org/wiki/File:Buddhism_percent_population_in_each_nation_World_Map_Buddhist_data_by_Pew_Research.svg> | | |
| **Who was the founder of Buddhism?** | **Where did Buddhism originate?** | **Where is Buddhism practiced today?** |
| Write answer on your handout | Write answer on your handout | Write answer on your handout |

**DOCUMENT #2**

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|  | **What are the sacred texts and major beliefs and practices of Buddhism? What effects did Buddhism have on social order?**  Objective: Identify the major texts, beliefs, practices, and effects on society of Buddhism. |

**The Sacred Books of Buddhism**

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| **Tripitaka- “Three Baskets of Wisdom”** |
| The **Tripiṭaka** (Sanskrit) or **Tipiṭaka** (Pāli), meaning "**three baskets,**" is the formal term for the earliest surviving Buddhist teachings. It is also called the "Pali Canon" named after the language it was written in.  The teachings were passed down orally for around 200 years after the Buddha’s death before they were finally written down by Buddhist monks  The Pali Canon falls into **three general categories**, or **baskets**, the first was the code of ethics to be obeyed by the early monks and nuns. The second category consists primarily of accounts of the Buddha's teachings. The third category contains early commentary on the Buddha’s teachings from his followers.  Source: Adapted from “Tripitaka.” New World Encyclopedia. <http://www.newworldencyclopedia.org/entry/Tripitaka> |
| 1. Who wrote the Tripitaka?  **Write answer on your handout**  2. What is contained in the Tripitaka?  **Write answer on your handout**  3. Before the Tripitaka was written down, how were the stories in it passed from generation to generation? For how long were they passed down in this way?  **Write answer on your handout**  4. As a source, why might a historian question the reliability of the Tripitaka as a historical document?  **Write answer on your handout** |

**DOCUMENT #3**

**Core Beliefs and Practices of Buddhism**

**Directions: Read the notes below and answer the questions that follow.**

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| **Reincarnation, Enlightenment, and Nirvana** |
| Like Hindus, Buddhists believe that there is escape from the cycle of reincarnation. For Buddhists, the goal of spiritual life is to reach “**nirvana**” after death. It is similar to *moksha* that Hindus strive for. Nirvana, in Sanskrit, means “blown out,” as in a candle. It is the state of a still and empty mind. This can be accomplished by reaching a state of **enlightenment** like the Buddha did through intense **meditation.**    Statue of the reclining Buddha in Gal Vihara, Sri Lanka. The image of the reclining Buddha represents the last moments of the Buddha’s life before he died and entered state of nirvana. |
| Do Buddhists believe in reincarnation?  **Write answer on your handout**  What is nirvana? **Write answer on your handout**  How do Buddhists believe one can achieve enlightenment? **Write answer on your handout** |

**Rejection of the Caste System**

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| Buddhism started in a region of the world where Hinduism dominated, but **Buddha rejected a major part of Hindu society: the caste system**.  Buddha taught that anyone, regardless of their place in society, could achieve enlightenment if they realized the Four Noble Truths and followed the Eightfold Path. |
| If you were a member of the Brahmin caste, how would you react to Buddha’s teachings? Why?  **Write answer on your handout**  If you were a member of the Untouchables or the Shudras caste, how would you react to Buddhism? Why?  **Write answer on your handout** |

**DOCUMENT #4**

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| **The Middle Path** |
| Before devoting his life to seeking spiritual truth, according to legend, Siddhartha Gautama lived a life of luxury. When he left his father’s palace, he became an ascetic, a person who practices extreme self-discipline and denies themselves any comfort. He found that neither route brought him enlightenment. Instead, it was the Middle Path, sometimes called the Middle Way. Buddha’s teachings are meant to lead his followers down the Middle Path to enlightenment.  **Read it from the Sacred Text!**  The following text is an excerpt from Buddha’s sermon in which he describes the Middle Way. It is known as “Setting in Motion the Wheel of Law [Dharma].” This story was passed down orally by Buddhists until it was written down about two hundred years later in a collection known as the Three Baskets of Wisdom, or the *Tipitaka*.  **Excerpt 1 from “Setting in Motion the Wheel of the Law[Dharma]” from the *Tripitaka***  And the Blessed One thus addressed the five Bhikkhus [men that later became Buddha’s followers]: 'There are two extremes, O Bhikkhus, which he who has given up the world, ought to avoid. What are these two extremes? A life given to pleasures, devoted to pleasures and lusts: this is degrading, sensual, vulgar, ignoble [shameful], and profitless; and a life given to mortifications:[[1]](#footnote-1) this is painful, ignoble, and profitless. By avoiding these two extremes, O Bhikkhus, the Tathâgata[[2]](#footnote-2) has gained the knowledge of the Middle Path which leads to insight, which leads to wisdom, which conduces to calm, to knowledge, to the Sambodhi,[[3]](#footnote-3) to Nirvâ*n*a.[[4]](#footnote-4)t |
| What are the “two extremes” that Buddha warns his disciplines about?  **Write answer on your handout**  Why is each extreme “profitless?”  **Write answer on your handout**  What does the Buddha suggest his disciples strive for instead of the “two extremes?”  **Write answer on your handout** |

**DOCUMENT #5**

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| **Four Noble Truths** |
| Buddha taught four principles that he believed to be true. They are called the Four Noble Truths. Put simply they are:   1. The Noble Truth of Suffering: **Life is suffering.** 2. The Noble Truth of the Cause of Suffering: **Suffering is caused by desire.** 3. The Noble Truth of the Cessation [Stopping] of Suffering: **To end suffering, one must end desire.** 4. The Noble Truth of the Path: **To end suffering, follow the Eightfold Path.**   **Excerpt 2 from “Setting in Motion the Wheel of the Law[Dharma]” from the *Tripitaka***  'This, O Bhikkhus, is the Noble Truth of Suffering: Birth is suffering; decay is suffering; illness is suffering; death is suffering. Presence of objects we hate, is suffering; Separation from objects we love, is suffering; not to obtain what we desire, is suffering. Briefly...clinging to existence is suffering.  'This, O Bhikkhus, is the Noble Truth of the Cause of Suffering: Thirst, that leads to rebirth, accompanied by pleasure and lust, finding its delight here and there. (This thirst is threefold), namely, thirst for pleasure, thirst for existence, thirst for prosperity.  'This, O Bhikkhus, is the Noble Truth of the Cessation of Suffering: (It ceases with) the complete cessation of this thirst,--a cessation which consists in the absence of every passion,--with the abandoning of this thirst, with the doing away with it, with the deliverance from it, with the destruction of desire.  'This, O Bhikkhus, is the Noble Truth of the Path which leads to the cessation of suffering: that holy Eightfold Path, that is to say, Right Belief, Right Aspiration, Right Speech, Right Conduct, Right Means of Livelihood, Right Endeavour, Right Memory, Right Meditation…. |
| What does the Buddha list as examples of suffering?  **Write answer on your handout**  Buddhists believe that the 2nd Noble Truth, “Suffering is caused by desire,” is true. Do you? State a claim and provide evidence (examples from your experience) to support it.  **Write answer on your handout**  According to Buddha, how can one end suffering?  **Write answer on your handout** |

**DOCUMENT #6**

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| **Eightfold Path** |
| Buddhism’s Fourth Noble Truth states, “To end suffering, follow the Eightfold Path.” The **Eightfold Path** describes how one should act to eliminate desire and thus suffering. The Eightfold Path is the **moral code of conduc**t for Buddhists, similar to the Ten Commandments in Judaism and Christianity.    **Excerpt 3 from “Setting in Motion the Wheel of the Law [Dharma]” from the *Tripitaka***  'Which, O Bhikkhus, is this Middle Path the knowledge of which the Tathâgata has gained, which leads to insight, which leads to wisdom, which conduces to calm, to knowledge, to the Sambodhi, to Nirvâ*n*a? It is the holy Eightfold Path, namely, Right Belief,[[5]](#footnote-5) Right Aspiration,[[6]](#footnote-6) Right Speech,[[7]](#footnote-7) Right Conduct,[[8]](#footnote-8) Right Means of Livelihood,[[9]](#footnote-9) Right Endeavour,[[10]](#footnote-10) Right Memory,[[11]](#footnote-11) Right Meditation.[[12]](#footnote-12) This, O Bhikkhus, is the Middle Path the knowledge of which the Tathâgata has gained, which leads to insight, which leads to wisdom, which conduces to calm, to knowledge, to the Sambodhi, to Nirvâ*n*a.  'But since I possessed, O Bhikkhus, with perfect purity this true knowledge and insight into these four Noble Truths...then I knew, O Bhikkhus, that I had obtained the highest, universal Sambodhi….  'And this knowledge and insight arose in my mind: "The emancipation of my mind cannot be lost; this is my last birth; hence I shall not be born again!"' |
| What do Buddhists suggest people do to alleviate suffering?  Label your **3X5 card “Eightfold Path” and answer the question above, when done staple to your answer sheet :0)** |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due Tuesday 10/18**

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| **How are the beliefs, practices, and effects on social order of Hinduism and Buddhism similar? How are they different?**  Objective: Compare and contrast the beliefs, practices, and effects on social order of Hinduism and Buddhism. |

**Directions: Review what you’ve learned about Hinduism and Buddhism, then fill in the Venn Diagram below to show what the belief systems have in common and how they differ.** 

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| **Fill in the row labeled “Buddhism” on the** [**Belief Systems Chart**](https://docs.google.com/document/d/1Zqflrpe87X3l5_glVkTT2_KnHgKt7FQ6rgsgapsK16k/edit) **to keep track of this information.** |

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| **Regents Multiple Choice Check for Understanding**  **Directions: Circle the choice that answers each question or complete the sentences below.** | |
| 1. Hinduism and Buddhism are similar in that both religions   1. practice a belief in many gods 2. provide followers with a rigid social caste system 3. stress attainment of a better life through spiritual rebirth 4. look to the teaching of one person for their basic beliefs | 2. The Buddhist religion teaches that salvation is earned by   1. following the Ten Commandments 2. worshipping Allah as the one true god 3. learning to give up selfish desire 4. being baptized and confirmed |
| 3. The terms *Brahma*, *dharma*, and *moksha* are most closely associated with which religion?   1. Judaism 2. Islam 3. Hinduism 4. animism | 4. According to Buddhist principles, believers can end personal suffering by   1. doing good deeds 2. eliminating selfish desires 3. making pilgrimages to Mecca 4. relying on divine help |
| Base your answer on the diagram and on your knowledge of social studies.    5. The diagram illustrates the key concepts of which religion?   1. Islam 2. Christianity 3. Hinduism 4. Buddhism | |
| Base your answers to questions 6 and 7 on the speakers’ statements below and on your knowledge of social studies.   |  |  | | --- | --- | | *Speaker A*: | “The Eightfold Noble Path and Four Noble Truths as expressed by Siddhartha Gautama are the foundations of our faith.” | | *Speaker B*: | “There is one God and His name is Allah and his truth has been revealed to us through his prophet Mohammed.” | | *Speaker C*: | “The Ten Commandments and the teachings of the Gospels guide us in our quest for a fulfilling spiritual life.” | | *Speaker D*: | “To achieve union with *atman*, we must pass through many births and acquire good *karma* by being obedient to moral laws and societal regulations.” | | |
| 6. Which speaker is most likely a Buddhist?   1. A 2. B 3. C 4. D | 7. Which speaker expresses a belief in reincarnation?   1. A 2. B 3. C 4. D |
| 8. Which belief is shared by Hindus and Buddhists?   1. Everyone should have the same social status. 2. People should pray five times a day. 3. The soul can be reincarnated. 4. Material wealth is a sign of the blessing of the gods. | 9. Which belief system is most closely associated with the terms *Eightfold Path, Four Noble Truths,* and *nirvana*?   1. Buddhism 2. Christianity 3. Judaism 4. Shinto |

1. Extreme practices that subject the body to physical punishment in an attempt to strengthen the connection between the spirit and the body. [↑](#footnote-ref-1)
2. Another name for the Buddha, meaning “He who has arrived at the Truth.” [↑](#footnote-ref-2)
3. Another term for Enlightenment, the state of release from reincarnation that all Hindus and Buddhist try to achieve. In Hinduism it is called moksha. [↑](#footnote-ref-3)
4. Another term for Enlightenment. [↑](#footnote-ref-4)
5. The belief that life is suffering, that the Eightfold Path is a the way to eliminate suffering and that it is possible to do. [↑](#footnote-ref-5)
6. The process of removing bad thoughts, desires, and cruelty from one’s mind before embarking on the path to Enlightenment. [↑](#footnote-ref-6)
7. Not lying, cursing, or speaking badly about others. [↑](#footnote-ref-7)
8. Conducting one’s self honestly, and without killing or stealing. [↑](#footnote-ref-8)
9. Only doing jobs that do not harm others. [↑](#footnote-ref-9)
10. Avoids all distractions and bodily desires. [↑](#footnote-ref-10)
11. The act of focusing one’s mind only on important topics like life, suffering and death. [↑](#footnote-ref-11)
12. Focused concentration that can lead to Enlightenment [↑](#footnote-ref-12)